

Living-alone contact agreement

Use this companion to “A contact plan for a parent who lives alone”. Tick the preparation steps, then fill in only the details you need. This is a household record, not a medical assessment.

1. Before you start

Tick an item only when you have checked it. A tick records preparation, not a safety or health result.

☐ Agree the preferred way to make contact.

☐ Record an ordinary contact time.

☐ Agree how changes will be communicated.

☐ Ask a backup person for permission and availability.

☐ Agree a missed-contact sequence.

☐ Discuss home access privately if needed.

☐ Choose who updates the family after contact.

☐ Check numbers and agree when to revisit.

2. Details to keep

Living-alone contact agreement · Date _____

Usual contact time / method

If plans change, tell

First caller / phone

Backup person / availability / phone

Agreed next steps if contact is missed

Family update person / last checked date
